

AMENDMENTS TO THE CLAIMS

Please cancel claims 1-20 without prejudice or disclaimer to continued examination on the merits. Please add claims 21-39, which are fully supported by the application as filed:

1-20. (Cancelled)

21. (New) A method for lessening the duration of the active labor and pushing stages of childbirth, said method comprising:

 providing a birthing aide, said birthing aide comprising an elongated cord having a mother's end and an aide's end, wherein said mother's end comprises a handhold, and a pair of v-arms, each v-arm terminating in a wrist loop, and wherein said aide's end comprises at least one loop;

 providing a source of resistance at said aide's end;

 inserting a user's wrists through said wrist loops, and grasping said birthing aide in the vicinity of said handhold knob; and

 pulling against said source of resistance so that the force exerted by a user's abdominal muscles and uterine contractions is increased.

22. (New) The method of claim 21, wherein said wrist loops provide a momentary but gradual decrease of tension elongated cord of the birthing aide in the event that the user suddenly and inadvertently releases the birthing aide.

23. (New) The method of claim 21, wherein said handhold is selected from a group consisting of a braided knob, a knot, handlebars, molded rubber handgrips, plastic handgrips, beads and balls.

24. (New) The method of claim 21, wherein said elongated cord made from a material selected from the group consisting of rope, bungee cord, cable, or chain.

25. (New) The method of claim 21, wherein each of elongated cord, said mother's end and said aide's end, is made from rope.

26. (New) The method of claim 25, wherein said rope is made from natural fibers, synthetic fibers, or a mixture thereof.

27. (New) The method of claim 26, wherein said synthetic fiber is selected from the group consisting of nylons, polyesters, polyolefins, liquid crystal polymers, or mixtures thereof.

28. (New) The method of claim 26, wherein said natural fiber is selected from the group consisting of cotton, jute, flax, hemp, abaca, sisal, or henequen.

30. (New) A system for lessening the duration of the active labor and pushing stages of childbirth, said system comprising:

a birthing aide, said birthing aide comprising an elongated cord having a mother's end and an aide's end, wherein said mother's end comprises a handhold knob, and a pair of v-arms, each v-arm terminating in a wrist loop, and wherein said aide's end comprises at least one loop;

a source of resistance at said aide's end;

wherein a user inserts her wrists through said wrist loops, and grasps said birthing aide in the vicinity of said handhold knob; and

wherein said user pulls said birthing aide against said source of resistance so that the force exerted by said user's abdominal muscles and by said user's uterine contractions is increased.

31. (New) The system of claim 30, wherein in the event that the user suddenly and inadvertently releases the birthing aide, said wrist loops provide a momentary but gradual decrease of tension on elongated cord of the birthing aide.

32. (New) The system of claim 30, further comprising the steps of:
applying a pulling force to said aide's end; and
adducting the user's torso by said pulling force so that said torso is positioned at an angle which opens the birth canal and facilitates child delivery.
33. (New) The system of claim 30, wherein said handhold is selected from a group consisting of a braided knob, a knot, handlebars, molded rubber handgrips, plastic handgrips, beads, and balls.
35. (New) The method of claim 30, wherein said elongated cord made from a material selected from the group consisting of rope, bungee cord, cable, or chain.
36. (New) The method of claim 30, wherein each of elongated cord, said mother's end and said aide's end, are made from rope.
37. (New) The method of claim 36, wherein said rope is made from natural fibers, synthetic fibers, or a mixture thereof.
38. (New) The method of claim 37, wherein said synthetic fiber is selected from the group consisting of nylons, polyesters, polyolefins, liquid crystal polymers, or mixtures thereof.
39. (New) The method of claim 37, wherein said natural fiber is selected from the group consisting of cotton, jute, flax, hemp, abaca, sisal, or henequen.